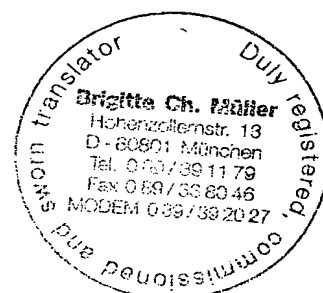


PATENT CLAIMS

1. Retrofit kit for a training device (1), the training device being adapted to be operated by a training force (T) applied by an individual who is training and to produce a counter force (G) opposing the training force (T) by means of a training weight (7), which is formed from one or a combination of many single weights (8), wherein the retrofit kit comprises an oscillation generating device (3) which is adapted to be fitted to the training device (1) and to generate an oscillation acting on and modulating the counterforce (G), **characterised in that** the oscillation generating device (3) is formed as a single weight (8).
2. Retrofit kit according to Claim 1, **characterised in that** the oscillation generating device (3) is adapted to be fitted to be the at least one training weight (7).
3. Retrofit kit according to Claim 1 or 2, **characterised in that** the oscillation generating device (3) is adapted to be positioned on the training weight (7).
4. Retrofit kit according to one of the aforementioned claims, **characterised in that** the oscillation generating device (3) is arranged on the path of the training force (T) to a force generating device (2) which produces the counterforce.
5. Retrofit kit according to one of the aforementioned claims, **characterised in that** the counterforce (G) is passed through the oscillation generating device (3).
6. Retrofit kit according to one of the aforementioned claims, **characterised in that** the sections of the oscillation generating device (3) which is adapted to be fitted to the training device (1) and to be moved under the action of the training force (T) exhibit a weight which essentially corresponds to one single weight (8) or an integer multiple of it.
7. Retrofit kit according to one of the aforementioned claims, **characterised in that** the oscillation generating device (3) comprises a periodically moving drivable oscillation mass (15).
8. Retrofit kit according to one of the aforementioned claims, **characterised in that** the oscillation generating device (3) comprises at least one rotary motor (16), which is adapted to set the oscillating mass (15) into an oscillating movement.



9. Retrofit kit according to one of the aforementioned claims, **characterised in that** the oscillation generating device (3) comprises a control device (10), which is adapted to change the oscillation amplitude and / or oscillation frequency produced by the oscillation generating device (3).
10. Retrofit kit according to one of the aforementioned claims, **characterised in that** the oscillation generating device (3) is configured as an essentially disc-shaped dumbbell weight.
11. Training device (1) with an actuating element (4), which is adapted to introduce a training force (T) produced by an individual who is training into the training device (1) and with a force generating device (2), which is adapted by means of a training weight (7), which is configured from one or a combination of many single weights (8), to generate a counterforce (G) acting against the training force (T) and with an oscillation generating device (3), which is adapted to produce an oscillation acting on the counterforce (G) and superimposed on the counterforce (G), **characterised in that** the oscillation generating device (3) is formed as a single weight (8).
12. Training device (1) according to Claim 11, **characterised in that** the oscillation generating device (3) is arranged on a region of the training device (1) moved by the training force (T).
13. Training device (1) according to Claim 11 or 12, **characterised in that** the oscillation generating device (3) exhibits a moving driven oscillating mass (15).
14. Training device (1) according to one of the Claims 11 to 13, **characterised in that** the training device (1) is configured as a dumbbell in which the oscillation generating device (3) is integrated.
15. Training device (1) according to Claim 14, **characterised in that** the dumbbell (1) is provided with contacts (21) via which an energy supply device of the oscillation generating device (3) can be recharged.

